

Boiled Green Beans

Most often used for canned green beans. A quick way to heat them, though they aren't as flavorful. Frozen green beans can also be boiled, though they often take longer. Boiled green beans will fill the air with the smell of the spring garden. Green beans are highly nutritious with many vitamins and minerals. They good for more than food, as well. Cats will happily steal them from the basket and play with them for hours. Dogs will eat cooked green beans. Ask your veterinarian for an appropriate amount, and how to fix them for dogs.

Pre Cook Preparation:

- A. Timer set to the time to begin preparation prior to cooking
- B. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

- Frozen or canned vegetables can be used
- Grow as bush beans in a raised garden, or as vine on a trellis
- Long oven mitts and oven rack puller
- Sit on a stool while stirring

Visual Accommodations:

- Colored chopping boards

Potential Food Allergy or Intolerance:

- Butter (lactose)
- Green Beans
- Onions
- Pepper
- Spices

Meatless Preparation Avoid:

- Butter
- Substitute with: _____

Utensils:

- Pot holders
- Spoon
- Pan: 1 quart sauce pan

Ingredients:

Meat: None

Vegetables:

15 ounces of green beans

Other ingredients:

1 tablespoon of butter

Dash of salt

Spices, such as pepper, to taste

Preparation time:

5 minutes

Estimate 30 if you have to pick, wash, and cut them before cooking them.

Preparation:

1. Add to 1 quart sauce pan:

1 tablespoon of butter

15 ounces of green beans

Dash of salt

Spices, such as pepper, to taste

Enough water to cover

2. Cook over medium heat.

3. Stir every 10 minutes, turn heat down 1/3 each time.

Cook Temperature: Medium to low

Cook Time: 30 minutes, stirring every 10 minutes

Servings: 4 to 5

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: _____.